

MAY 2018



STAFF

Carie Dick—Director

Kaci Wehr—Community Engagement Coordinator

Renee Clesi—Receptionist




ARNOLD F. HABIG COMMUNITY CENTER

OLDER AMERICANS

1301 St. Charles Street, Jasper, IN 47546

Phone: 812-482-4455

www.jasperindiana.gov

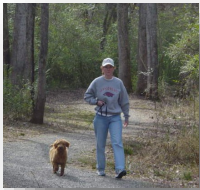
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11:15 Blood Pressure Checks 12:00 BINGO	2 8-8:45 Step Crew 9-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Phase 10	3 9:00 Golden Go 9:45 Senior Strong 12:30 Cinch Tourney	4 7:30 Belle of Louisville Sign-ups 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Hand & Foot	5
6 Center Closed	7 9:00 Golden Go 9:45 Senior Strong 12:30 Hearts	8 12:30 Scrabble 12:30 Tripoley	9 8-8:45 Step Crew 9-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Dominoes	10 9:00 Golden Go 9:45 Senior Strong 12:30 Book Club 12:30 Rum Tourney	11 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Pay Me	12
13 Center Closed 	14 9:00 Golden Go 9:45 Senior Strong 12:30 Phase-10	15 11:15 Blood Pressure Checks 12:00 BINGO 3pm RSVP due for Catered Meal	16 8-8:45 Step Crew 9-10:30 Free Computer Assistance 12:30 Mah Jongg 12:30 Golf	17 9:00 Golden Go 9:45 Senior Strong 12:30 Sheephead Tourney 12:30 Hand & Foot	18 8:30 Mah Jongg 10:00 Singing Seniors @ The Waters of Huntingburg 12:30 Dominoes	19
20 Center Closed	21 9:00 Golden Go 9:45 Senior Strong 12:30 Texas Hold'em	22 12:00 Catered Meal 12:30 Scrabble 12:30 Pay Me	23 9:30 LEAVE FOR DERBY DINNER TRIP 9-10:30 Free Computer Assistance 12:30 Mah Jongg	24 9:00 Golden Go 9:45 Senior Strong 12:30 Euchre Tourney 3:00 RSVP due for Lunch Bunch	25 3pm Money Due for Belle of Louisville 8:30 Mah Jongg 10:00 Singing Seniors 12:30 Tripoley	26
27 Center Closed	28 CENTER CLOSED 	29 11:15 Blood Pressure Checks 12:00 BINGO	30 8-8:45 Step Crew 9-10:30 Free Computer Assistance 11:00 Lunch Bunch 12:30 Mah Jongg 12:30 Hand & Foot	31 9:00 Golden Go 9:45 Senior Strong 12:30 Rum Tourney	VAN DRIVERS Tanya Jackson Bernie Schaeffer	

AVAILABLE DAILY

- **WALKING:** In the climate-controlled banquet room, twenty-five (25) laps equals one mile. Available Monday - Friday from 8:00 a.m. until 3:45p.m.



- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Enjoy nature while you walk! Exercise and enjoy the beautiful winter scenery.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. We ask that you please register at the front desk when using the fitness room.



- **CARDS:** Card tables available for use on a daily basis.
- **BILLIARDS/POOL:** Pool tables are available Monday, Tuesday, Thursday & Friday from 8:00 a.m. to 3:45 p.m. and Wednesdays from 1:00 p.m. to 3:45 p.m.



REGULAR SCHEDULED ACTIVITIES

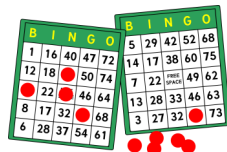
- **COMPUTER LAB:** The computer lab is available for your personal use daily. Ryan is here to assist you every **Wednesday from 9:00-10:30 a.m.** He will answer your questions regarding computers or assist you with your laptop. We also have wireless internet.



- **SINGING SENIORS:** Meet each Friday morning at 10:00 a.m. at the Habig Center to practice. They will be singing at **The Waters of Huntingburg on Friday, May 18th at 10:00 a.m.**

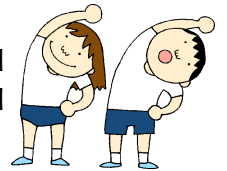


- **BINGO:** We will play Bingo at **12:00 p.m. on Tuesday, May 1st, 15th and 29th.** We ask you to keep bills to \$5's and under as we pay out 100% and do not have change. Cost is \$1.00 per card to play all 50 games and \$.50 to play the two cover-all games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**



- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesday, May 1st, 15th and 29th prior to Bingo.**
- **PUZZLES:** We have a puzzle on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.

Exercise classes will be led by Kaci, an ACSM Certified Exercise Physiologist!



- **GOLDEN GO:** Monday and Thursday mornings at **9:00 a.m.** in the Banquet Room. This class offers a mixture of lower level exercises and gentle stretching to specifically support heart health, strength, flexibility, and balance.
- **SENIOR STRONG:** For more of a challenge, join us at **9:45 a.m. on Mondays and Thursdays** for group exercise. This is a class of resistance, cardiovascular, and neuromotor exercises to boost strength, improve heart health, and promote greater balance.
- **STEP CREW:** **Wednesdays at 8:00 a.m.** Meet at a city park to walk as a group or at your own pace. Warm-up and cool down with the fitness instructor! Meet at the Clay Street entrance of the Riverwalk by Ruxer Golf Course.

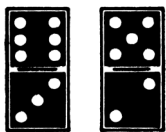
CARD TOURNEYS

- **Thursday, May 3rd**
Cinch Tourney
- **Thursday, May 10th**
Rum Tourney
- **Thursday, May 17th**
Sheephead Tourney
- **Thursday, May 24th**
Euchre Tourney
- **Thursday, May 31st**
Rum Tourney



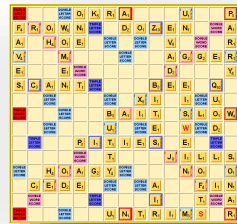
Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and paid back to the 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the tourney you are playing in.

- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. on Wednesday, May 9th and Friday, May 18th.** It is a fun game that is easy to learn. Everyone is welcome! Please call in by 10:00 a.m. the morning you plan to play.



- **HEARTS:** We will play at **12:30 p.m. on Monday, May 7th.** This game is easy to learn and very enjoyable. Please call in by 10:00 a.m. if you are going to play.

- **PAY-ME:** A game similar to Rum but played with 3 decks of cards, including the jokers, will be played at **12:30 p.m. Friday, May 11th and Tuesday, May 22nd.** Please call in by 10:00 a.m. if you are coming in to play.
- **TRIPOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. on Tuesday, May 8th and Friday, May 25th.** This game is lots of fun! Please call in by 10:00 a.m. if you are coming to play.



- **SCRABBLE:** Up for a challenge? Play Scrabble at **12:30 p.m. on Tuesday, May 8th and May 22nd.** Please call in by 10:00 a.m. if you are coming to play.
- **GOLF:** The card game will be played **Wednesday, May 16th at 12:30 p.m.** Four to six players can play before adding another deck. Low score wins the game. Come join in the fun! Please call in by 10:00 a.m. if your coming to play.
- **TEXAS HOLD'EM:** Will be played **Monday, May 21st at 12:30 p.m.** There is a \$1.00 charge for the chips. The winner receives a cash prize. Reservations are due by 10:00 a.m. the morning you play.

- **HAND AND FOOT:** A 2-handed, game of Hand and Foot Canasta. It's played individually with 1 deck per person plus 1 extra deck and all jokers. Join us **Friday, May 4th, Thursday, May 17th, and Wednesday, May 30th at 12:30 p.m.** Please call in by 10:00 a.m. if you are coming to play.
- **MAH JONGG:** Originated in China and is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** Please give us a call by 10:00 a.m. if you want to play. New players are always welcome.
- **PHASE-10:** Will be played **Wednesday, May 2nd and Monday, May 14th at 12:30 p.m.** It is a fun easy card game, Please call in by 10:00 a.m. if you are coming to play.



- **BRIDGE:** Free beginner and intermediate bridge lessons are available. Please call Cindy Kluemper at 812.482.3299 or Mary Ann Seng at 812.482.1101.

SPECIAL ACTIVITIES



- **LUNCH BUNCH/MEET AND GREET WITH KACI!** Join us at **Applebee's** at **11:00 a.m. Wednesday, May 30th**. Reservations are due to the Center by **3:00 p.m. on Thursday, May 24th**.



- **CATERED MEAL:** Will be held at **12:00 p.m. on Tuesday, May 22nd**. **The Millhouse** will be preparing Lasagna (meat and veggie), house salad with dressing, vegetable sauté, breadsticks, unsweetened tea and chocolate chip cookies for dessert. **The cost is \$9.50 per person. Reservations are due to the center by Tuesday, May 15th at 3:00 p.m.**



SUNDAY CENTER HOURS

The Center is closed on Sundays in the month of May due to holidays. Happy Mother's Day, and enjoy the Memorial Day weekend!

CENTER CLOSED

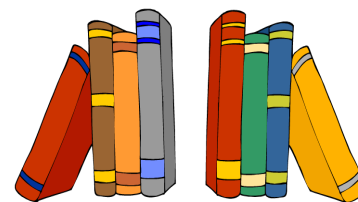
The Older American Center and Jasper Park Department will be closed:

MEMORIAL DAY
Monday, May 28th



- **BOOK CLUB:** **Thursday, May 10th at 12:30 p.m.** we will be discussing *The Killdeer Connection* by Tom Swyers. What happens when you're in the wrong place at the wrong time and find yourself a suspect in your friend's murder? Join us for our discussion.

The June book we will discuss is *Behind Her Eyes* by Sarah Pinborough.



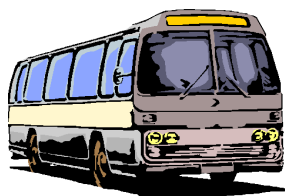
- **BOOK SHELF:** The books are downstairs in The Habig Room. Thanks to the generosity of so many, we have a great selection of books for you to borrow. This is a free service to you.



TRIPS

ALL TRIPS AND ACTIVITIES ARE
FOR DUBOIS COUNTY
RESIDENTS 55 YEARS AND OLDER.

- When signing up for trips, only 4 individuals per sign-up (phone call).
- There is a \$25.00 charge for all returned checks.



Wednesday, May 23rd—Derby Dinner Playhouse to see “Oklahoma”. We will leave Schroeder Complex at 9:30 a.m. with pick-ups in Huntingburg at 9:45 a.m. We will return back to Jasper at approximately 4:30-5:00 p.m.

FUTURE TRIPS

Friday, June 15th

Enjoy a 2-hour tour lunch cruise on the **Belle of Louisville**. The lunch cruise includes a full buffet, music by a DJ and a tour along the Ohio River. The Belle also offers outdoor observation decks, and a large dance floor (once lunch has ended). Cost of the trip will be \$55 which includes transportation and lunch buffet. **Sign-up by phone starting at 7:30am, Friday, May 4th. Money will be due May 25th.**

Wednesday, July 25th

We will go to **The Great American Ball Park** to watch the Cincinnati Reds take on the St. Louis Cardinals. Sign ups will be June 6th, but watch the June newsletter for more information concerning this trip, including price!

Thursday August 30th

A trip to the **Derby Dinner** is planned to see the Church Basement comedy “Rise Up O’ Men”. More information will be coming in future newsletters.

A BIT ABOUT OUR NEWEST STAFF...

Kaci, the newest member of our staff, has joined us as the Community Engagement Coordinator. She will be assuming many of the responsibilities of Bev as well as other projects within this new position. Kaci has a degree in Exercise Science from IUPUI and is an ACSM Certified Exercise Physiologist and Certified Health Coach. She enjoys spending time with her family, especially in the outdoors with her husband, Caleb, and daughter. Kaci has a desire for working with our community and older adults, making an impact on others by encouraging and supporting them to live life to the full!

MONTHLY RECIPE

from DARLENE FRANCONI

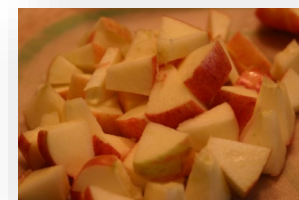
TOOTIE’S TAFFY APPLE SALAD

- 1 Can chunk pineapple (drain & save juice)
- 4 Cups mini marshmallows
- 1 Tbsp. flour
- 1/4 Cup sugar
- 1/4 Cup brown sugar
- 1 Egg, beaten
- 1 1/2 Tbsp. cider vinegar
- 8 oz. Cool whip
- 4-5 Diced apples (dice when ready to mix)
- 1 1/2 Cups salted Spanish peanuts

Cut pineapple chunks in half. Mix together pineapple chunks & marshmallows. Set aside. Mix flour, pineapple juice, sugars, egg and vinegar. Cook until thick. Cool the mixture, then add cool whip. Add sauce to pineapple and marshmallows, chill overnight. Add nuts and apples before serving
ENJOY!

CALLING ALL COOKS!

If you have a favorite recipe, and would like to share it in our monthly newsletter, give a copy to Renee. Thanks!



HUNTINGBURG SENIOR CENTER

Call the Center at 683-2994 to make reservations for the Card Tourneys held at 12:30 p.m. on **Mondays**. You will enjoy the day!

MAY BIRTHDAYS

Norma Messmer	10
Ruth King	12
Paul Schroeder	15
Dennis (Red) Ludwig	16
Virginia Thacker	23
Ray Persohn	25



CARRY-IN SUPPER
We will have a carry-in Supper on **Thursday, May 24th at 5:00**. Reservations for the meal are due by May 21st.



*****NOTICE*****

Due to construction on Market Street Park, the Senior Center card tourney on Mondays and BINGO on Wednesdays will be held at the Huntingburg United Methodist Church (corner of 5th and Main Street) until further notice.

Thursdays we will continue to meet at the Senior Center.

MAY 2018

There are over 400 books on hand for your reading pleasure, including love, inspirational and suspenseful books. We have books by authors such as Zane Grey, John Grisham, James Patterson, Mary Higgins Clark, Sidney Sheldon, Danielle Steel, Fern Michaels, and many others.

MEMORIAL GYM

The **last day** for walking at Memorial Gym is Saturday, **May 5th**.

ACTIVITIES

The Huntingburg Senior Center has games and activities available for those who do not play cards, including:

Battleship	Boggle	Skip-Bo
Chinese Checkers	Dominoes	Uno
Mastermind	Monopoly	Sorry
Rummikub	Yahtzee	
Puzzle books	Sudoku	
Left, Right, Center		

Deer in the Headlights - A card and dice game. Several have learned to play and really enjoy it.

Boggle - A word game using scrambled letters and a timer.

Electronic dart board & a mini 9-hole golf to practice your putting skills.

Crafts - **May 10th and 31st at 10:00 a.m.**

We have games scheduled for most days but you are free to do whatever interests you. You do not have to play the Game of the Day.

TRIPS for 2018

A Mystery trip is scheduled for June 26-28th. Cost: \$459 per person. Final payment due by May 10th.

Mackinac Island & Frankenmuth, MI
Sept 25-29. Cost: \$689 per person. Reservations are due by July 1st. Final payment is due by August 6th.

A trip to **Asheville, NC and the Biltmore Estate** is scheduled for **November 26-29th**. The cost is \$669 per person. Reservations are due by July 15th. Final payment is due by August 25th.

A \$100 deposit is due when making reservations for any of the trips.

Make checks payable to:
The City of Huntingburg

Checks may be mailed to:
The Huntingburg Senior Center
P.O. Box 10
Huntingburg, IN 47542

Anyone 18 years of age or older may sign up for any of the trips.

All prices are based on double occupancy. Contact Rita Reller at 812.683.2994 for more information.

MAY 2018





HUNTINGBURG SENIOR CENTER

309 N Geiger St

Huntingburg IN 47542

812-683-2994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:00 Bowling	2 12:30-1 BP Checks 1:00 BINGO Sponsor: Hosparus Health 2:00 Cards & Games	3 10:00 Trivia Challenge 1:00 Cards & Games	4 1:00 Bowling	5
6	7 12:30 Cinch Tourney Sponsor: Brookside	8 1:00 Bowling	9 1:00 BINGO Sponsor: St. Charles 2:00 Cards & Games	10 10:00 Crafts 1:00 Cards & Games	11 1:00 Bowling	12
13 	14 12:30 Euchre Tourney Sponsor: The Timbers	15 1:00 Bowling	16 1:00 BINGO Sponsor: Scenic Hills 2:00 Cards & Games	17 10:00 Trivia Challenge 1:00 Cards & Games	18 1:00 Bowling	19
20	21 12:30 Cinch Tourney Sponsor: Angels of Mercy	22 1:00 Bowling	23 1:00 BINGO Sponsor: The Waters 2:00 Cards & Games	24 5:00 Carry-in Supper ALL NIGHT CARDS & GAMES	25 1:00 Bowling	26
27	28 CLOSED 	29 1:00 Bowling	30 1:00 BINGO Sponsor: Angels of Mercy 2:00 Cards & Games	31 10:00 Crafts 1:00 Cards & Games	